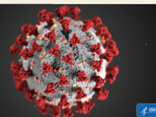


CONCERNED ABOUT THE CORONAVIRUS?



Here are some things you can do to alleviate the risk

CORONAVIRUS SYMPTOMS



COUGH



FEVER



TROUBLE BREATHING

WASH YOUR HANDS ... OFTEN

with soap and water for at least **20 seconds**
or use an alcohol-based sanitizer if water is not available.



WET



SOAP



WASH



RINSE



DRY

Cover your cough
or sneeze with a tissue
and then
throw the
tissue into
the trash.



How long should I
wash my hands?

About 20 seconds!
Just sing Happy Birthday
to yourself ... **TWICE**.



Avoid close contact with large groups of people.



Not feeling quite up-to-snuff?

TAKE SICK LEAVE

or TELEWORK

(Your co-workers will thank you!)



If you think you have been
exposed to COVID-19,
contact your healthcare provider
IMMEDIATELY

The CDC recommends only people who are
showing symptoms of the virus should use masks
to prevent the spread of the disease to others.

